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CUL 161T.01: Meats and Vegetables

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**THE UNIVERSITY OF MONTANA--MISSOULA
COLLEGE OF TECHNOLOGY
BUSINESS TECHNOLOGY DEPARTMENT**

COURSE SYLLABUS

COURSE NUMBER AND TITLE: CUL 161T Meats and Vegetables.

DATE REVISED: FALL 2003

CREDITS: 3

PREREQUISITES: CUL 151T, Cul 175T

FACULTY:

Chef Ross Local, Culinary Arts Instructor

Ross.lodahl@mso.umt.edu

243-7816

Office: Culinary Trailer

Hours: 7a.m.-3 p.m. or by appointment

COURSE DESCRIPTION:

Hands-on experience of the fundamental cooking methods for meats, vegetables, grains, legumes, and, pastas.

STUDENT PERFORMANCE OUTCOMES:

Upon completion of this course, the student will be able to:

1. Know various cooking methods and how and why they apply to different meats and vegetables.
2. Determine which method of cooking applies to which food or situation and equipment selection.
3. Perform all methods of cooking accurately and correctly to various meat and vegetables.
4. Recognize good or bad results of cooked products based on correct examples through instruction.
5. Research, modify or create their own recipes and display a balanced plate presentation.
6. Judge correct color, doneness, and overall quality of finished product.

STUDENT PERFORMANCE ASSESSMENT METHODS AND GRADING PROCEDURES:

Students will be required to demonstrate daily production assignments requiring preplanning of methodology and recipes. Students will be evaluated on teamwork, professionalism, mise en place, quality of finished product, sanitation and organizational skills. All assignments, projects and tests will be assigned point values. Total points earned will be divided by points possible, and a letter grade will be assigned based on the following:

Evaluation Criteria		Grade Scale
Tests	20 percent	90-100 A
Projects	20 percent	80-89 B
Daily Production	60 percent	70-79 C

ATTENDANCE POLICY:

Attendance will be taken. Students may miss two class sessions during the semester with no negative impact on grade. A third absence will result in a full grade deduction. No make up is allowed for lab production. If students are absent for any reason, they will be accountable for any information disseminated and be held responsible for class notes, announcements of tests, and assignments.

PARTICIPATION:

Students must demonstrate teamwork as consistent with industry. This is necessary as students contribute to the learning environment and become active learners by attending class and participating. Students who read text assignments prior to class will be equipped to participate and will obtain the most from this course.

DUE DATES:

To receive full credit, assignments must be submitted by stated due dates. No late assignments will be accepted.

TESTS:

Tests will be given during the semester as announced. Assignments for makeup tests will be made only if faculty is notified personally prior to the test. A score of zero will be averaged into grade determination for any missed test.

ACADEMIC INTEGRITY:

Students are required to adhere to standards of academic integrity. Students should review The University of Montana Conduct Code regarding their rights and responsibilities. The Conduct Code is located at <http://www.umt.edu/studentaffairs/>.

CELL PHONE POLICY:

Cell phones must be turned off prior to class.

UNIFORM POLICY:

Students will be required to be in full Culinary Uniform (See Addendum) to be accepted into class.

REQUIRED TEXT:

Gissen, Wayne, John Wiley & Sons, Inc., *Professional Cooking*, 5th edition, ISBN 0-471-43625-9

SUGGESTED REFERENCE MATERIALS:

Reinhold, Van Nostrand, *the New Professional Chef*, 6th Edition, ISBN 0-442-01961 -0 SUPPLIES:

Standard culinary knife kit.

COURSE OUTLINE:

Weekly plan, reading assignments, project due dates, and testing dates to be delivered and explained the first day of class. Final comprehensive exam date will be announced at this time.

I. Meat cookery

- A. Broiling
- B. Braising
- C. Stewing
- D. Roasting
- E. Sautding
- F. Pan frying
- G. Grilling

II. Poultry

- A. Fricasseeing
- B. Deep frying
- C. Saut6ing
- D. Roasting
- E. Pan frying
- F. Broiling
- G. Poaching

III. Fish

- A. Poaching
- B. Broiling
- C. Grilling
- D. Baking
- E. Deep frying
- F. Sautéing
- G. Smoke roasting
- H. En Papillote

IV. Vegetables

- A. Steaming
- B. Deep frying
- C. Roasting
- D. Grilling
- E. Baking
- F. Broiling
- G. Pan frying
- H. Sautéing

V. Starches

- A. Broiling
- B. Baking
- C. Boiling
- D. Deep frying
- E. Roasting
- F. Steaming
- G. Sautéing
- H. Roasting

VI. Storage of products

VII. Presentation

- A. Proper plating
- B. Garnishing

VIII. Yields

IX. Recipe conversion